



Hindu Awareness Week

Arise. Awake.

AUM ॐ



NATIONAL HINDU  
STUDENTS' FORUM (UK)

AUM (OM) ॐ, of paramount importance in Hinduism represents the unknowable: “Brahman”

- An eternal symbol of supreme importance in Hindu Dharma
- A sacred syllable representing Brahman: The impersonal Absolute — omnipotent, omnipresent and the source of all manifest existence
- Brahman, in itself, is incomprehensible; so the symbol (AUM) allows us to realise the Unknowable
- AUM represents both the un-manifest (*Nirguna*) and manifest (*Saguna*) aspects of God.
- It is why it is called *Pranava*, to mean that it pervades life and runs through our '*Praana*' (breath)
- Although AUM symbolises the most profound concept in Hinduism, its use is universal.
- Many Hindus, as an expression of spiritual perfection, wear the sign of OM as a pendant, and this symbol is also often enshrined in Mandirs (Temple) or family shrines

The music of OM transcends the barriers of age, race, culture, and even species!

- It is made up of three Sanskrit letters, AA, AU and MA. When combined make the sound AUM or OM. This represents the trinity, the three modes of time and dimensions of space
- It is a mantra or prayer in itself
- If repeated with the correct intonation, it can resonate throughout the body so that the sound penetrates to the centre of one's being, the *Atman* or soul

The power of OM!

- During meditation, when we chant AUM, we create within ourselves a vibration that is a cosmic vibration and we start thinking universally
- The momentary silence between each chant becomes overt
- It is a moment when the petty worldly affairs are lost in the desire for the universal